



Grade 1 - Nutrition Sample Lesson Plan Sugar and Caffeine

Objectives/Goals

- Students will learn about harmful effects of too much sugar
- Students will learn about harmful effects of too much caffeine
- Students will be able to identify foods and beverages containing sugar and caffeine

Materials

- Power Point (in handout section)
- Dry Erase Board
- Multi-colored gator balls

Steps

Step 1- Think, Pair, Share

- Students pair up and think of food and beverage choices with a lot of sugar
- Students think of food and beverage choices with a lot of caffeine

Step 2- Power Point

- Show the power point about sugar and caffeine
- Ask students: Can you think of any foods or drinks high in sugar or caffeine not listed in the power point? List answers on the dry erase board.

Step 3- Throw away the Sugary Drinks!

- Game is played like Clean out the Back Yard
- Divide students into 2 teams on opposite halves of the gym
- Gator Balls represent sugary beverage choices. The goal is to get rid of sugary beverages and throw them away to the other side.
- Yellow and Orange = fruit juices: worth 2 points
- Red and Green = Sports Drinks; worth 4 points
- Blue and Purple = Soda: worth 10 points
- If you want to keep score, points are bad. At the end of the round, team with the fewest points wins!

Step 4- Class Discussion

- What are some of the possible risks of eating too much sugar?
- What are some of the effects of too much caffeine?
- Why is soda such an unhealthy drink choice?

Assessment Idea

- Class Discussion Questions
- Exit Slip
- Cumulative Verbal Assessment: Questions included on handouts for all lessons in this unit

References

- Cleveland Clinic: <https://health.clevelandclinic.org/sugar-how-bad-are-sweets-for-your-kids/>
- Child and Youth Health: <https://www.cyh.com/HealthTopics/HealthTopicDetailsKids.aspx?p=335&np=284&id=2685>
- Kids Health: <https://kidshealth.org/en/parents/child-caffeine.html>

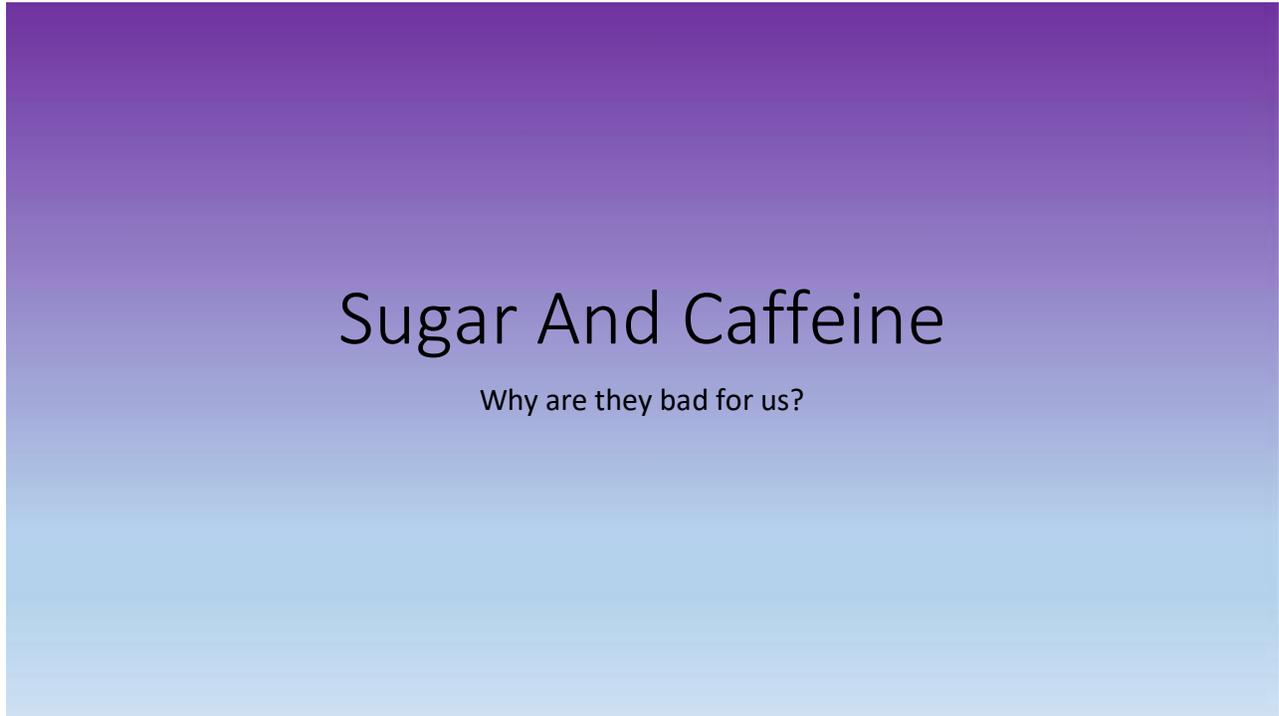
Handout

The next pages include:

- Sugar and Caffeine Power Point
- Sugar Tips Handout
- Exit Slip
- Cumulative Verbal Assessment

Sugar and Caffeine Power Point

Click on the slide below to access the presentation



Tips for Limiting Sugar and Caffeine

- **Drink water!**
- **Avoid drinking soda**
- **Limit sugary drinks like fruit juice and Gatorade**
- **Limit sweet treats**
- **Mix up your breakfast choices: Don't eat sugary cereals every day**
- **Snack on fruits and vegetables**
- **Avoid other drink choices with caffeine like coffee and tea**

Exit Slip

Name 2 reasons why soda is an unhealthy drink choice.

You can either write your answer in the blanks, or tell your teacher on the way to get in line

Cumulative Verbal Assessment

Teacher should ask these questions to each student verbally in a 1 on 1 setting

- 1) Name 2 things you can do to protect yourself from the sun**

- 2) What are the 2 things we need to do every day to take care of our teeth?**

- 3) How many hours of sleep should we get each night?**
 - A) 6
 - B) 8
 - C) 10
 - D) 24

- 4) Why is soda an unhealthy drink choice?**

- 5) To prevent getting sick, what should always we do before eating, after using the bathroom and after touching anything that might have germs on it?**